

Suicide: Indian Perspectives

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Publication: Jaypee Brothers Medical Publishers 2023

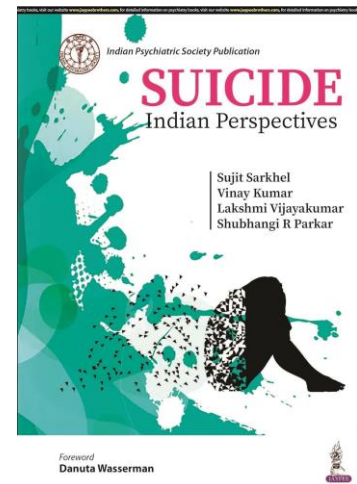
Paperback **Pages:** 274 **Price:** INR 995

Language: English

ISBN: 978-9354657634

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One crucial fact about suicide is that it is often preventable with appropriate intervention, support, and mental health care. Understanding the signs, risk factors, and methods of prevention is essential because it can save lives by enabling timely and effective responses to those in crisis.

An edited volume on suicide is vital as it brings together diverse expert perspectives, offering a comprehensive understanding of its multifaceted causes and prevention strategies. Such a resource can enhance interdisciplinary collaboration and inform effective interventions and policies.

In "Suicide: Indian Perspectives," editors delivered an exhaustive exploration into the multifaceted issue of suicide within the Indian context. This comprehensive volume stands out as a significant contribution to understanding the complex interplay of cultural, social, and psychological factors influencing suicide in Indian perspectives.

The chapters cover a wide range of topics, from psycho-social theories and neurobiological foundations to medical conditions and psychiatric disorders that can lead to suicidal behaviour. A dedicated chapter on nomenclature aims to clarify the often confusing and overlapping terms related to suicide.

"Suicide: Indian Perspectives" is an expansive and meticulously researched work that provides a comprehensive overview of suicide in the Indian Perspectives. The book comprises contributions from various experts, making it a multidisciplinary and authoritative resource. Presented below is a detailed chapter-wise summary of this indispensable volume, offering an in-depth exploration of its critical insights.

Each chapter encapsulates key contributions that collectively enhance our understanding and strategies for suicide prevention.

Chapter 1 Introduction and Overview: Written by Sujit Sarkhel and Ravindra Neelakanthappa Munoli, sets the stage by outlining the scope and structure of the book. It highlights the urgent need for a detailed examination of suicide in India, providing context and rationale for the subsequent chapters.

Chapter 2 Theories of Suicide: Authored by Pallavi Rajhans and Pratap Sharan, discusses various theoretical frameworks for understanding suicide, including psychological, sociological, and biological theories. This chapter lays the foundation for comprehending the multifaceted nature of suicidal behaviour.

Chapter 3 Suicide Nomenclature: Written by Vikas Menon, Natarajan Varadharajan, and Abdul Faheem, clarifies the terminology and classification of suicide-related behaviours. The authors stress the importance of standardized nomenclature for research and clinical practice.

Chapter 4 Sociocultural Aspects of Suicide: Authored by Koushik Sinha Deb, Anuranjan Vishwakarma, and Rakesh K Chadda, explores the impact of sociocultural factors on suicide, emphasizing how cultural norms, traditions, and societal expectations influence suicidal behaviour in India.

Chapter 5 Neurobiology of Suicide: An Overview: Written by Jayant Mahadevan, Guru S Gowda, and Venkata Senthil Kumar Reddi, provides an overview of the neurobiological underpinnings of suicide, discussing genetic, neurochemical, and brain structure abnormalities associated with suicidal behaviour.

Chapter 6 Epidemiology of Suicide in India: Gaps in Data: Authored by Varun S Mehta, Surendra Paliwal, and Roshan V Khanande, reviews the epidemiological data on suicide in India, identifying significant gaps and inconsistencies in data collection and reporting.

Chapter 7 Nonsuicidal Self-injury: Indian Perspective: Written by Naresh Nebhinani, Swati Choudhary, and Tanu Gupta, focuses on nonsuicidal self-injury (NSSI) in India, discussing its prevalence, risk factors, and the distinction between NSSI and suicidal behaviour.

Chapter 8 Psychiatric Disorders and Suicide in India: Authored by Om Prakash Singh and Seshadri Sekhar Chatterjee, examines the relationship between psychiatric disorders and suicide, highlighting how conditions like depression, bipolar disorder, and schizophrenia contribute to suicide risk.

Chapter 9 Substance Abuse and Suicide in India:

Written by Nidhi Sharma, Vikas Sharma, and Debasish Basu, explores the link between substance abuse and suicide, noting how addiction exacerbates suicidal ideation and behaviour.

Chapter 10 Personality Disorders and Suicide in India: Authored by Shubh Mohan Singh and Chandrima Naskar, discusses the role of personality disorders, such as borderline and antisocial personality disorders, in suicidal behaviour.

Chapter 11 Medical Illness and Suicide in India: Written by Pankaj Kumar, Rajeev Ranjan, Nidhi Varghese, and Farheen Fatma, examines the impact of chronic and terminal medical illnesses on suicide risk, with a focus on conditions prevalent in India.

Chapter 12 Suicide in Women: Authored by Shubhangi R Parkar, addresses the unique factors contributing to suicide among women in India, including domestic violence, dowry-related issues, and gender discrimination.

Chapter 13 Suicide in Young: Written by Vivek Agarwal and Chhitij Srivastava, delves into the alarming rates of suicide among Indian youth, discussing academic pressure, unemployment, and the influence of social media.

Chapter 14 Farmer's Suicide in India: Authored by Manik C Bhise and Anuradha Patil, analyses the phenomenon of farmer suicides, with a focus

on the socio-economic pressures and agricultural challenges faced by this demographic.

Chapter 15 Suicide and Indian Media: Written by Vinay Kumar and KS Shubrata, explores the media's role in shaping public perceptions of suicide, including issues of sensationalism and responsible reporting.

Chapter 16 Survivors of Suicide: Authored by Rija Rappai, Priya Sreedaran, and Anish V Cherian, discusses the experiences and needs of suicide survivors—those who have lost loved ones to suicide—highlighting the importance of support systems.

Chapter 17 Suicide Helplines in India: Written by Amrit Pattojoshi, Sai Krishna Tikka, and Shobit Garg, reviews the effectiveness and challenges of suicide helplines in India, providing insights into their role in prevention efforts.

Chapter 18 Assessment of Suicide Risk: Authored by Sujit Sarkhel, presents methods for assessing suicide risk in clinical settings, emphasizing the importance of early detection and intervention.

Chapter 19 Ethical and Legal Aspects of Suicide in India: Written by Guru S Gowda, Ravindra Neelakanthappa Munoli, and Bevinahalli Nanjegowda Raveesh, addresses the complex ethical and legal issues surrounding suicide in India, including the decriminalization of attempted suicide and patient confidentiality.

Chapter 20 Suicide Prevention in India: Authored by Lakshmi Vijayakumar, outlines strategies for suicide prevention, advocating for a multi-sectoral approach that includes policy reforms, mental health education, and community-based interventions.

One of the book's key strengths is its cultural sensitivity. Dr. Sarkhel and his colleagues meticulously examines how Indian societal norms, religious beliefs, and family structures impact suicidal behaviour. He provides an in-depth discussion on the stigma associated with mental health and suicide, which is particularly pervasive in Indian society, and how this stigma complicates prevention and intervention efforts.

The discussion on the epidemiology of suicide in India is particularly illuminating. Presented detailed statistics and trends, highlighting the high-risk groups, including farmers, adolescents, and individuals from marginalized communities. His analysis is supported by recent research and

data, making it a valuable resource for scholars and policymakers alike.

Furthermore, Dr. Sarkhel and his colleagues delve into the psychological and psychiatric dimensions of suicide. He explains the various mental health conditions that often underlie suicidal behaviour, such as depression, anxiety, and substance abuse. The book also addresses the role of stressors unique to the Indian experience, such as academic pressure, economic hardships, and the influence of social media.

One of the book's most compelling sections is the exploration of preventive strategies. Dr. Sarkhel and his colleagues advocated for a multi-faceted approach, encompassing policy reforms, community-based interventions, and the integration of mental health services into primary healthcare. He emphasizes the importance of culturally tailored interventions and the need for increased mental health literacy among the general population.

Overall, "Suicide: Indian Perspectives" is an invaluable resource for mental health professionals, researchers, and policymakers. Dr. Sarkhel and his colleagues thorough and culturally informed examination of suicide in India fills a significant gap in the existing literature. Their call for a compassionate, comprehensive approach to suicide prevention is both timely and essential, making this book a critical tool in the ongoing efforts to address this urgent public health issue.

Source of Funding: Nil

Conflict of Interest: None

Received on: 23-04-2023

Published on: 26-12-2023

How to Cite the Article:

Sahu KK. Suicide: Indian perspectives. Indian J Psychiatr Soc Work. 2023,14(2):96-8.

doi:10.29120/ijpsw.2023.v14.i2.305

